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CLOSURE

Five years after the chokehold death of unarmed Eric Garner at the hands of New York City Police Officer Daniel Pantaleo, an event that propelled the Black Lives Matter movement but earned passes from a local grand jury and the U.S. Justice Department, NYPD Commissioner James O'Neill on Monday fired Pantaleo, prompting the police union president to cry foul. 2

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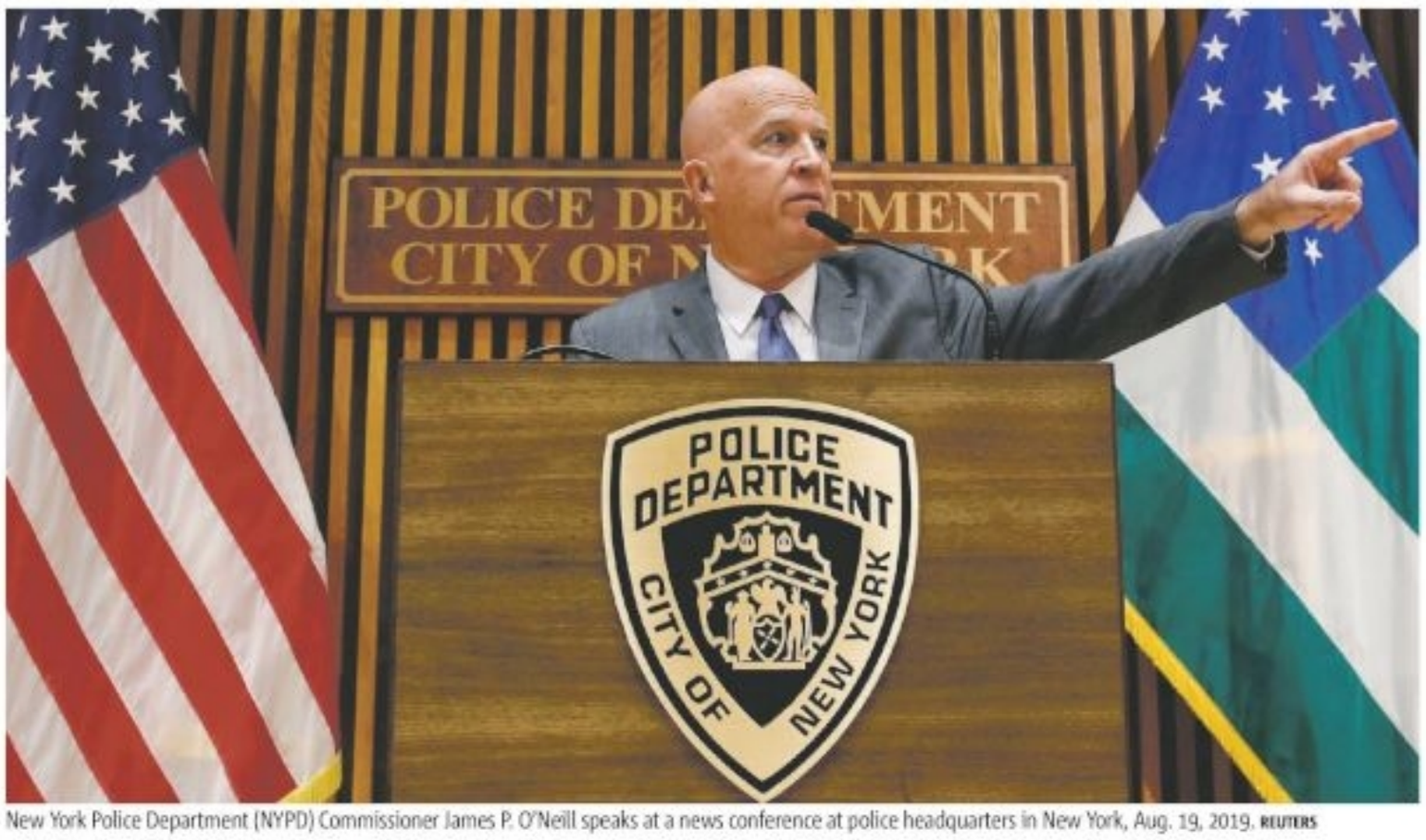
NEWS

NYPD fires officer who placed Eric Garner in deadly chokehold

Previously, a grand jury declined to indict Daniel Pantaleo, and the Justice Dept. opted not to prosecute.



New York Police Department (NYPD) Commissioner James P. O'Neill speaks at a news conference at police headquarters in New York, Aug. 19, 2019. REUTERS

The New York Police Department on Monday fired the white officer who used a deadly chokehold on Eric Garner while trying to arrest him in 2014, an incident that helped fuel the "Black Lives Matter" movement in response to police use of force.

The case, made famous by Garner's plaintive cries of "I can't breathe" with officer Daniel Pantaleo's arm wrapped around his neck, tore at the NYPD for five long years while the United States dealt with a series of other cases of white officers killing unarmed African-American men.

Cellphone video captured Pantaleo using a banned chokehold on Garner on a Staten Island sidewalk during an attempted arrest for selling loose, untaxed cigarettes.

A local grand jury declined to indict Pantaleo and the U.S. Justice Department opted not to prosecute, but Pantaleo was suspended earlier this month when a departmental judge ruled that the officer should be fired. He had been on desk duty since the incident on July 17, 2014.

Police Commissioner James O'Neill, in announcing the firing, said he had been thinking about the case ever since he assumed the top job in 2016, weighing how Garner resisted arrest and, in his view, Pantaleo acted properly up until the moment he applied the chokehold after the two men fell to the ground.

"Every time I watched the video, I say to myself, as probably all of you do, to Mr. Garner: 'Don't do it. Comply.' To Officer Pantaleo: 'Don't do it,'" O'Neill said.

O'Neill repeatedly returned to the empathy he had for Pantaleo, having himself been a uniformed officer for 34 years. "That could possibly be me ... I may have made similar mistakes," O'Neill said.

"Every time I watched the video, I say to myself, as probably all of you do, to Mr. Garner: 'Don't do it. Comply.' To Officer Pantaleo: 'Don't do it."

Police Commissioner James O'Neill

Police went into the neighborhood to enforce a series of petty crimes that reduced the quality of life in the neighborhood, O'Neill said. He also said he understood some police officers would be angry with him for not supporting one of their own.

But in the end, O'Neill said, he could not overlook that Pantaleo applied the chokehold despite having received sufficient police training that such a hold was barred, resulting in what he called "an irreversible tragedy."

The head of the police union immediately condemned the decision, saying the commissioner gave in to political pressure and that his decision would put officers at greater risk.

"It is absolutely essential that the world know that the New York Police Department is rudderless and frozen," Patrick Lynch, president of the Police Benevolent Association, told a news conference. "The leadership has abandoned ship and left our street officers on the street alone, without backing.

"This mayor needs to be removed. The police commissioner needs to know he has lost the police department," Lynch said.

Garner's death, and the slow-moving investigations that followed, have generated some of the harshest criticisms of Mayor Bill de Blasio during his tenure and have spilled over into his campaign for the Democratic presidential nomination.

The case tested the liberal mayor's relationships with both civil-rights activists, who have long complained that the city's black and Latino residents are harassed by police, and the rank-and-file police officers who work for him, some of whom say they have been made scapegoats by his office.

$5.9M

In 2015, New York City paid a $5.9 million settlement to Garner's family to avoid a civil lawsuit.

"There was a fair and impartial process and justice was done," de Blasio told a news conference.

Garner's daughter Emerald Garner disagreed that justice was done. She wore a T-shirt with "MURDERER" emblazoned across the front as she appeared at a news conference with civil-rights leader Al Sharpton.

"Officer Pantaleo, well, now I can say Daniel Pantaleo, is a murderer and that's just how I feel," Emerald Garner said. "I wear my emotions on my sleeve and now I wear it on my chest."

In 2015, New York City paid a $5.9 million settlement to Garner's family to avoid a civil lawsuit. REUTERS

Response from PBA (police union) President Patrick J. Lynch

"Police Commissioner O'Neill has made his choice: He has chosen politics and his own self-interest over the police officers he claims to lead. He has chosen to cringe in fear of the anti-police extremists, rather than standing up for New Yorkers who want a functioning police department, with cops who are empowered to protect them and their families. With this decision, Commissioner O'Neill has opened the door for politicians to dictate the outcome of every single NYPD disciplinary proceeding, without any regard for the facts of the case or police officers' due process rights. He will wake up tomorrow to discover that the cop-haters are still not satisfied, but it will be too late. The damage is already done. The NYPD will remain rudderless and frozen, and Commissioner O'Neill will never be able to bring it back. Now it is time for every police officer in this city to make their own choice. We are urging all New York City police officers to proceed with the utmost caution in this new reality, in which they may be deemed 'reckless' just for doing their job. We will uphold our oath, but we cannot and will not do so by needlessly jeopardizing our careers or personal safety."

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Protesters hold signs as they rally in support of Planned Parenthood and pro-choice. GETTY IMAGES

Planned Parenthood refuses US funding in fight over the abortion restrictions

Nonprofit to lose one-fifth of feds' $286 million.

Planned Parenthood said on Monday it would no longer accept grants from a federal program subsidizing reproductive health care for low-income women after the Trump administration banned participants in the program from referring women to abortion providers.

The program, known as Title X, provides subsidies of reproductive health care and family planning costs for low-income women. The changes to the program are part of an effort by U.S. Republicans and President Donald Trump's administration to crack down on abortion and occur as a handful of states are imposing sharp new limits on the procedure.

The move is a significant financial hit for Planned Parenthood, which received about one-fifth of the $286 million paid out by the program, which helped to fund the 600 women's reproductive health-care clinics it runs across the country.

"Due to an unethical and dangerous gag rule, the Trump administration has forced Planned Parenthood grantees out of Title 10," Acting President and CEO of Planned Parenthood Alexis McGill Johnson told journalists on a conference call.

Trump, who says he opposes abortions in most cases, has joined many of his fellow Republicans in seeking to curtail access to legal abortions. Many doctors and rights groups are fighting these efforts as harmful to women's health and in breach of a constitutional right to abortion.

The rule was also intended to help Trump fulfill his 2016 campaign pledge to end federal support for Planned Parenthood, a longstanding goal shared by many Republicans in Congress.

Abortion is one of the most divisive issues in U.S. politics, with opponents often citing religious belief to call it immoral while abortion-rights advocates call restrictions improper encroachment on women's medical choices.

Some of the series of new restrictions on abortion are aimed at provoking a U.S. Supreme Court review of the 1973 Roe v. Wade decision that upheld a woman's right to terminate her pregnancy.

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BRIEF

DA Krasner details charges in shooting of Philly officers

The investigation into the shooting of six Philadelphia Police officers during an hours-long standoff last Wednesday in North Philadelphia "could take months," District Attorney Larry Krasner said on Monday during a news conference detailing charges against the shooting suspect, Maurice Hill.

Hill, 36, was charged Saturday with 11 counts of attempted murder along with assault and drug and firearms charges. Four codefendants also were named Saturday in relation the case.

During the news conference, Krasner said he would be offering limited information since the investigation is ongoing. He took no questions following the conference, leaving unaddressed the issue of any potential conflict presented by his office prosecuting a case in which Krasner himself participated in negotiations with the suspect during the standoff.

ABC 6 reported that Anthony Voci, Philadelphia Police chief of homicide, told outlets the DA's Office is reviewing footage from more than 250 police body cameras, doorbell camera videos from nearby houses and street cameras. They are also in the process of "digging" bullets out of cars and home structures, he added. Voci said additional charges were likely to be filed upon further review of evidence.

Hill allegedly unloaded more than 100 rounds of ammunition from an AR-15 at officers, who were serving a narcotics warrant. He was denied bail over the weekend.

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Jefferson Health forging new path for patients with sarcoidosis

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ASK JEFFERSON HEALTH:

Sarcoidosis is a rare but serious disease that can have a lasting impact on pulmonary health. Metro caught up with Rafael Perez, M.D., professor of medicine and director of the sarcoidosis program at the Jane and Leonard Korman Respiratory Institute – Jefferson Health and National Jewish Health. Here, the field's top experts are paving the way in research excellence and setting the standard for respiratory care.

What is sarcoidosis?

It's an inflammatory disease that can affect the entire body; not just the lungs. We don't know exactly what causes it, but we believe it's something in the environment that we breathe into our lungs, and then it spreads into the body. It's not a cancer, and you can't give it to anybody or catch it from anybody else.

How serious is it?

The severity can really vary. In some cases, it can be very mild and presents as a skin lesion, for example. But just because we find it, doesn't mean we have to do anything about it. In about one-third of cases, we can just monitor it and will find that the disease can go into remission. We like to take this approach if it's mild because the main course of treatment is steroids, which can have potentially serious side effects.

For another one-third of patients, folks have a very nice reaction to the steroids and the inflammation subsides dramatically or goes away. Then we can taper off the steroids and watch them to see if symptoms come back. For the remaining third of patients, the disease is persistent or chronic, and that's when we develop a long-term relationship.

It's rare that this disease can progress to the point where the lungs no longer work. Only about 5 percent of patients will have respiratory failure. It's generally not a lethal disease, but it's highly variable. What's dangerous is that it can get into vital parts of the body, like the heart, brain or liver, where it can cause more serious problems.

Are there any other causes?

A common misconception is that it's an autoimmune disease, but it really isn't. It's the body's response to something in the environment that we still have yet to define. It's a very robust inflammatory reaction, and since we don't know what causes it, it's a diagnosis of exclusion — we have to distinguish sarcoidosis from other things for which we know the cause.

How is it treated?

We mainly manage it using corticosteroids to decrease the inflammation that sarcoidosis causes. These are typically given up to six to 12 months in a tapering dose, and we monitor the disease to make sure it's responding. Sometimes there are other drugs we have to use because the steroids may not be enough to hold back the disease or help it resolve.

What makes the Jane and Leonard Korman Respiratory Institute – Jefferson Health and National Jewish Health uniquely qualified to treat sarcoidosis?

We focus on sarcoidosis as a separate program, which means we devote significant resources, time and energy to better understand this disease. We're also conducting clinical trials and doing advocacy work in the policy sense. We sometimes have to rely on drugs that are quite expensive, and insurance companies don't always cover them. There's a lot of advocacy that needs to be done because the disease affects about 200,000 people in the U.S.

The institute is also engaged in the treatment and study of a broader category of lung diseases that, like the more severe form of sarcoidosis, causes scarring or "fibrosis" of the lungs. The Pulmonary Fibrosis

Foundation recently recognized the institute as a care center in a network of 60 centers around the country. Our respiratory institute brings the latest in treatment, education and research to our patients with pulmonary fibrosis.

The respiratory institute, which continues to function because of the continuing support of the Jane and Leonard Korman Family Foundation, is dedicated to innovation, education and research to deliver the best respiratory care. To learn more, call 1-800-JEFF-NOW.

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James Reardon mug shot. MAHONING COUNTY JAIL

Ohio man denies thwarted mass shooting charges

Similar arrests made in same week in Florida, Connecticut.

An alleged self-described white nationalist, one of three men in the United States accused of planning mass shootings in a week, pleaded not guilty on Monday to charges that he threatened to attack a Jewish community center, the court clerk said.

At an arraignment in Struthers, Ohio, where he faced charges of aggravated menacing and online harassment, James Reardon entered his plea by video link from a county jail in Youngstown, 10 miles away, Municipal Court Clerk Lorraine Sciortino said by telephone.

Reardon, 20, who was arrested on Saturday in his hometown of New Middletown, is being held on $250,000 bond, according to jail records. Should he post bond, he faces court-ordered conditions that include not possessing firearms and staying off social media, Sciortino said.

Reardon was arrested after investigators found a social media post in which he appeared to threaten the Jewish Community Center of Youngstown, according to a statement from the Youngstown Area Jewish Foundation.

Television station WYTV in Youngstown reported that a local police chief said Reardon "declared himself a white nationalist" and that he participated in the violent white nationalist rally in Charlottesville, Virginia, in 2017.

The attack Reardon was allegedly planning would have come amid two other mass shootings that authorities claim to have thwarted in Florida and Connecticut in recent days, and follow three other shooting sprees since late July that took 34 lives.

In Florida, the Volusia County Sheriff's Office said it arrested Tristan Wix, 25, of Daytona Beach on Friday after he texted a former girlfriend on Aug. 11 about plans to kill 100 people in a mass shooting.

"I'm not crazy I just wanna die and I wanna have fun doing it, but I'm the most patient person in the world," the Sheriff's Office said Wix wrote in a text.

A Sheriff's Office spokesman said by email that a search of Wix's home turned up a .22 caliber rifle belonging to his stepfather with about 400 rounds of ammunition.

Sheriff Michael Chitwood said Wix fit the profile of a mass shooter. "He lost his job, he lost his girlfriend, he's depressed, he's got the ammunition and he wants to become known for being the most prolific killer in American history," he told CNN.

Wix, who faces a felony charge of threatening to kill or do bodily injury, is being held without bond. No further court date has been scheduled.

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A Beyond Meat burger is seen on display at a store in Port Washington, New York. REUTERS

Plant-based meat alternatives crowd US grocery stores

Chicken's Perdue selling nuggets blended with cauliflower.

Plant-based meat alternatives have seen booming interest from consumers, prompting a growing number of companies to enter the space in hopes of carving out a spot for their products in the competitive supermarket aisle.

Consumers increasingly want to reduce their meat consumption amid growing concerns over health risks, animal welfare and environmental hazards.

Spurred by the success of California-based Beyond Meat, veteran meat companies have also entered the market.

Shoppers at U.S. grocery stores have many plant-based options, with several companies planning to roll out meat alternatives by the end of this year.

Here is a list of plant-based products available in U.S. grocery stores:

- **Beyond Meat:** Burgers, sausages, ground meat and crumbles made of protein from peas, brown rice, sunflower seeds and mung beans are available at more than 53,000 retailers and restaurants worldwide. In the U.S., the company's products are sold at most large chains, including Amazon's Whole Foods, Kroger Co. and Albertsons Companies Inc.

- **Impossible Foods:** A "bleeding" burger made from soy protein, the patty was originally sold only to fast-food chains, including at Burger King, which begins selling the "Impossible Whopper" nationwide this month. The company on July 31 received approval by the U.S. Food and Drug Administration to sell its burger in grocery stores. Impossible said it plans to sell in select supermarkets in September, but declined to provide details on its retail launch.

- **Nestle SA:** The world's largest packaged-food group seeks to sell a pea-based veggie patty called Awesome Burger under its U.S. plant-based Sweet Earth brand in supermarkets and restaurants in September or October. The company is already selling the Awesome Burger at McDonald's restaurants in Germany.

- **Tyson Foods Inc.:** The U.S. meat producer in June launched its first vegetarian and mixed-protein line, including vegetarian nuggets, blended protein burgers made from beef and pea protein, and sausages and meatballs that combine chicken with plants. The nuggets entered U.S. grocery stores in the summer, with burgers expected in the fall.

- **Maple Leaf Foods Inc.:** The Canadian packaged-meat producer's subsidiary Greenleaf Foods produces plant-based burgers and ground meat under its Lightlife brand. It also owns the Field Roast brand that makes plant-based sausages, burgers, deli slices, meat loafs and roasts. The products are available at thousands of U.S. stores, including Whole Foods, Albertsons and Wegmans.

- **Perdue Foods:** The chicken producer, part of family-owned Perdue Farms, has launched frozen chicken nuggets mixed with cauliflower, chickpeas and other plant protein, with more blended and potentially fully plant-based products in the pipeline. Perdue's plant-blended line will be available at retailers by September.

- **Smithfield Foods Inc.:** The meat-processing company owned by China's WH Group Ltd. has launched a line of plant-based burgers, meatballs, sausages and ground meat made of soy. The products will be available at Kroger Co, Sprouts Farmers Market Inc. and Target Corp. starting in mid-September. REUTERS

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Plans detailed for first US mission to land on moon since Apollo

A United Launch Alliance Atlas 5 rocket lifts off from the Cape Canaveral Air Force Station in Cape Canaveral. REUTERS

The first American spacecraft expected to land on the moon in nearly 50 years will be a robotic moon lander built by closely held Astrobotic Technology Inc. and launched in two years by United Launch Alliance's Vulcan rocket, the companies told Reuters on Monday.

Astrobotic was one of nine companies chosen in November to compete for $2.6 billion to develop small space vehicles and other technology for 20 missions to explore the lunar surface over the next decade.

Pittsburgh-based Astrobotic picked Vulcan, being developed by a joint venture of Boeing Co. and Lockheed Martin Corp., to launch its Peregrine lander from Florida's Cape Canaveral in Summer 2021.

Barring schedule slips, Astrobotic said Peregrine would be the first American spacecraft to touch down on the moon since Apollo astronauts touched down in 1972.

"Our first flight on Vulcan is also the first big step in going back to the moon."
Tory Bruno, United Launch Alliance chief executive

The mission will ferry technology and experiments to the moon under a NASA program that will lay the groundwork for astronaut trips by 2024 under the optimistic schedule laid out by the Trump administration.

"Our first flight on Vulcan is also the first big step in going back to the moon," United Launch Alliance Chief Executive Tory Bruno told Reuters ahead of the announcement.

Astrobotic said in May that NASA awarded it $79.5 million for the first mission, which will carry up to 28 payloads from eight different countries, including the United States and Mexico.

While the dollar value of the launch contract was not disclosed, it marks a high-profile victory for ULA's flagship heavy-lift rocket, which Astrobotic said it chose over a rival bid by billionaire Elon Musk's SpaceX.

NASA is pushing to outsource the design, development and operations for some space activities to private companies under a strategy championed by Trump-appointed administrator Jim Bridenstine. He wants NASA to be one customer of many in the low-Earth and lunar marketplaces to pave the way for deeper space exploration.

For ULA, the launch serves as the first of two certification flights for the U.S. Air Force, a key test for a rocket that will replace ULA's legacy Delta and Atlas rocket families, synonymous with space missions for the U.S. military for decades.

The Vulcan will be the backbone of ULA's defense against rival boosters by SpaceX, which has slashed the cost of launches with its reusable rocket technology. Amazon.com Inc. founder Jeff Bezos' Blue Origin, whose BE-4 engines power the Vulcan, is also working on a heavy-lift booster.

ULA and Astrobotic acknowledge production problems or other factors could delay the launch schedule.

MANY MOONSHOTS

Other countries are also focused on the moon. A Chinese space probe successfully touched down on the far side of the moon win January, though Israel's unmanned robotic lander Beresheet crashed on its final descent in April. India's Chandrayaan-2 rover, launched in July, was on its way to the moon's south pole, unexplored by any other nation. REUTERS

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— **Preston Laris**, *Metro New York reader*

metro.us/horoscopes

Aries Go directly to the source and get the information you need to make the right decision. You'll have more to gain if you are productive and do things yourself.

Taurus Someone will offer an inflated proposal. Get whatever you want in writing before you make a commitment. Take care of business personally, and avoid being duped by someone.

Gemini Physical activities will help you lower stress and lessen anger. Stop worrying about someone or something you cannot change, and focus on making your life better.

Cancer Helping someone may make you feel good, but don't let anyone take advantage of you or use you. Offer suggestions, but use your energy and money to better yourself, not others.

Leo A conversation will be eye-opening. Listen to others, but don't make a drastic change just because someone else does. Use the information you receive and come up with a formula that works for you.

Virgo Personal change can be made. Consider what's outdated or no longer your thing and make adjustments. Spiritual growth and lifestyle changes are favored, while joint ventures are not.

Libra Pay attention to the people who have always been there for you. Neglecting your responsibilities will result in complaints. Take care of personal affairs and tell someone how much you care.

Scorpio Make practical choices, even if someone is trying to push you in a direction that intrigues you. Put safety first and you'll have no regrets.

Sagittarius Use your charm to get your way. Enthusiasm will be infectious, and compliments and affectionate gestures will help you gain popularity. You'll get good results if you honor your promises.

Capricorn Take your health, personal finances and relationships seriously. Don't miss out because you neglected to take care of business or failed to recognize what someone else was doing.

Aquarius Get together with old friends, relatives or someone you used to work with, and you'll be offered information that can help you make a personal decision. Romance is highlighted.

Pisces Check out what others are up to and see if you can pitch in and help. You can make a difference and gain respect at the same time. EUGENIA LAST

LIFESTYLE

"Sextuplets" is available now to stream on Netflix. QUANTRELL COLBERT/NETFLIX

Making make-believe believable

Marlon Wayans talks new film "Sextuplets" and tackling seven characters.

MOLLY GIVEN
Molly.Given@metro.us

It's no secret that Marlon Wayans can transform into unrecognizable characters for his films. Audiences have seen the New York native transform into a bleached-blonde socialite in the 2004 smash-hit "White Chicks" and into an infant-sized criminal in the 2006 film "Little Man." But Wayans' latest film, "Sextuplets," may be his most complicated achievement yet.

Netflix's "Sextuplets" follows the story an expecting father, Alan, who finds the address of his long-lost mother, discovers he actually has five other displaced siblings, and embarks on a lively journey to reconnect them all. The whopping seven main roles are all played by Wayans, and the seasoned actor had big plans when he took on this project.

"I think it was the challenge that initially intrigued me of playing seven characters and seeing if I could make them all different, and seeing if I could build seven characters that you actually like or care about," says Wayans. "Even though it's the same guy doing it, the minute you meet the other brothers I wanted you to forget that it was the same guy playing both roles. When I met Russell, I didn't feel like I was meeting Marlon, I felt like I was meeting somebody completely different. Then Dawn, after the first initial look at her, I really started forgetting that it was me in all of these roles. It became a fun journey. That was my whole goal, if I could forget that it was me, then I think it would be enjoyable for the audience."

When Wayans first received the script, it took some time to create the seven unique characters from the film. Although they are all related, every single character had their own voice, ticks and style that were as colorful and unique as you could imagine. "These characters came from a script Mike Glock had written, and when I read the script I thought it could be fun. Once we did our re-write and put our flavor on it, I simultaneously started thinking about their voices and what [each character] would look like. There was a lot that went into this. It's a silly, slapstick comedy but there are layers."

If you think that taking on a film where you have to transform into seven different people daily for almost two months sounds rigorous, you'd be absolutely right.

"Everything was a challenge. The heat, the weight of the costume, fatigue — just everything. It's a lot doing a movie like this. I would go in at 3 o'clock in the morning and be in makeup for about six or seven hours. After makeup, I worked sometimes 15-18 hours and then another hour and a half to take the makeup off. I would go home and sleep for two to three hours and then go back to set to do the same thing for 50 days. The only days I really had some sleep were the days I was Alan. It was very tough, but it was fun, and in between when they said action and cut, I had the best time," says Wayans.

Aside from the challenges that came from makeup and the hours of filming, a lot of thought, work and talent had to come into play when Wayans' only scene partner was himself. "Sometimes people were standing there and sometimes there was just a stick. Making movies is making believe, but this movie really made make-believe believable," says Wayans. " We filmed it where the camera was moving, and the people were moving and I was interacting with myself. I was passing me things and I was grabbing things from myself — so it was very hard to do. With all of the camera work and CGI that went into it, we basically did an 'Avengers'-type shoot on a 'Soul Plane' budget."

The film is reminiscent of a Wayans comedy. There's over-the-top antics that involve car chases, stolen kidneys and a parking-lot brawl, lots of back and forth between polar opposite personalities, and family undertones that give the comedic story line a little more flavor.

"Sextuplets" is available to stream on Netflix.

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'Collaborating is what makes opportunities happen'

REC Philly is set to open a 10,000-square-foot location in the new Fashion District.

MOLLY GIVEN
MollyGiven@metro.us

A blueprint of the new facility. PROVIDED

The city of Philadelphia has grown immensely over the past few years — not so much in size or land, but in sheer talent. There are plenty of start-ups and creative ventures that call the City of Brotherly Love home, but what was missing was the fuel for these promising businesses. That's where Will Toms and Dave Silver come in. Toms and Silver recently announced the expansion of REC Philly — a premier resource center and space for creative entrepreneurs in Philly — into a new facility. The expansion will call the new Fashion District (opening this fall) home, and the facility will offer members 24/7 access to their creative amenities, a space to build a linked community and overall much-needed inspiration. Toms and Silver chatted with Metro about what to expect at the new REC Philly location opening up sometime this fall, and why they think this "gym for creatives" is needed in the city.

Why do you think it's important for this area to have a facility like this?

Will Toms (WT): I think it's really important for a number of reasons. The Philadelphia that I know and love has always had a ton of creative talent. But with that being said, there's a really big gap for this talent finding the success that we all know is possible — the success that allows people to have sustainable careers doing what they love for a living. That came down to not having access to affordable resources, whether that's with creating studios or gaining access to the latest technology at an affordable rate, and it also came down to the education. If you're post-secondary or you're out of college, or maybe you didn't attend college, you're still wondering where the folks are that are talking about the actual business models that are now made possible with the internet. Who is talking about it and what experts can I go to? That was very difficult to find, and Dave and

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I found that firsthand. We were navigating the industry a few years ago and really working closely with creatives we loved, but it was hard. Lastly, we knew there were creative people who were business-minded who wanted to do this full-time, but where are they? That's what we really wanted to see: How to create a space that makes sure the resources, strategy, information and the community are all accessible so we can grow businesses here in Philadelphia.

So what exactly is set to be in the new facility?

WT: We're going to have four recording studios, visual studios such as a broadcast studio for photo or video, a movement studio for dance, meditation rooms to enable positive mental health, plus we have a dedicated podcast studio in partnership with WXPN, which is incredible. We also just announced our partnership with Live Nation to have a 200-person capacity venue space. That's really important for our educational needs with our workshops that we do and to also create some really awesome entertainment and concert experiences. Working with a brand like Live Nation really opens up doors for us and allows more opportunity for our members. Another addition I'm excited and proud about since we are going to be in the new Fashion District, we added a retail space which will allow our members to have access to sell their art right in the retail store in this mall. That's special to us with this idea of economically empowering our creatives.

Why did you guys choose to partner with the Fashion District?

Dave Silver (DS): The demand was there for more space for our facility. We were just starting the process of looking with agents at spaces around the city, and I ended up linking up with a mentor of mine, Chuck, from a nonprofit I'm involved with Leadership Philadelphia. Chuck is actually a developer working on the new Fashion District and he brought Will and me along to check out his new project, kind of just to be nice, back in April 2018. We were totally mind-blown at what they were doing with the redevelopment of this space. At first, we thought never in a million years could we move to a place like this — it seemed unrealistic. What we came to find is, not many things are unrealistic for our team. Chuck told us about an art space in the Fashion District that they were struggling to fill, and Will and I looked at each other and kind of raised our hands, sort of as a joke and volunteered our space. But honestly, that was the seed that started it and when we got home that day Chuck sent us the blueprints. When you think about the accessibility at being on 9th and Market and what it means to be a part of this revamped gallery project and what it means to the city, it really does make a lot of sense that we would look to plant the flag of local art and culture there. Will always says we are literally and figuratively bringing art to the center of the city, and our creators and artists will feel empowered and like they belong there.

Why did you choose to utilize local resources?

DS: That's one of my favorite parts about this project and it's been one of my favorite parts of our company: the ability to utilize the community for what we are building. From our architects to our design consultants, studio build advisors, lighting in our space, security doors and cameras, technology in our proprietary action with the building — every single one of those vendors is from Philadelphia. When we think about our organization and empowering the local economy, it's all about the artists for us, so the fact that we can bring it all in locally is a significant piece to this whole story.

WT: It really is an extension of our company. When our members sign up, we really preach collaboration. Independent doesn't mean alone. Collaborating is what makes opportunities happen so we wanted to extend that into the DNA of the building.

Memberships at REC Philly's current location are still available. Anyone interested can learn more and sign up for a walk-through of the new space at recphilly.com/join.

REC Philly will open their new facility this fall. KEVIN KILKENNY / REC STAFF PHOTOGRAPHER

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MATT BURKE

Matt Burke is a veteran sports journalist and the Founder and Editor in Chief of MetroBet.

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Pete Carroll's Seahawks have been one of the more consistent franchises in the NFL dating back to early this decade as they have won at least nine games each season since 2012.

Last season was the year that most predicted Seattle to take a step backward as most of the team's old guard (Richard Sherman, Michael Bennett, Kam Chancellor) was gone. Instead, the 'Hawks improved their win total by a game from the previous season, going 10-6 and making the playoffs before losing to Dallas in the wild-card round, 24-22.

The team's defense is still strong as it ranked 11th in the NFL in fewest points allowed per game (21.7), but it was the offense that truly shined in 2018 as Russell Wilson became the no-doubt face of the franchise.

GETTY IMAGES

Seattle owned a top 10 scoring offense last year, pumping in 26.8 points per game. Running back Chris Carson went over 1,100 yards rushing last year and offensive coordinator Brian Schottenheimer is hell-bent on getting Carson more involved in the passing game this season.

TWEET OF THE DAY

Clay Travis
@ClayTravis

Antonio Brown has officially gone insane and the Raiders are no longer covering for him.
This is wild.

The Seahawks also have the eighth-easiest schedule in the league this year with a gimme game right out of the gate, home against Cincinnati in Week 1.

Seattle's over/under win total at **MetroBet.us/Sugar** is set at 8.5 and this certainly looks like a 10 or 11-win team.

The play: Seahawks Over 8.5 wins (-139)

Best Bets

Phillies vs. Red Sox game pick

The Phillies' lineup, particularly Bryce Harper, has been rejuvenated by the hiring of hitting coach (and former Phillies skipper) Charlie Manuel on Aug. 13. They should continue their hot-hitting ways at Fenway Park on Tuesday against Brian Johnson (1-1, 6.45 ERA) and the Red Sox. Having Aaron Nola (11-3, 3.56 ERA) on the hill will only help. Johnson, owns a 2.015 WHIP in the majors this season.

Since the hiring of the old-school Manuel, Harper is batting .333 with four homers and 10 RBI. As a unit, Philly's OPS over the last seven days is .822, an improvement over their .742 rating for the season.

"You ask any of the great home-run hitters I had — [Jim] Thome, Ryan Howard, Manny [Ramirez], they'll tell you they never went up to the plate looking to hit a home run," Manuel told the Daily News. "Unfortunately, we're teaching them today to go up there and try to hit home runs and that's why you're seeing so many strikeouts."

GETTY IMAGES

Nola has allowed one earned run of fewer in eight of his last 11 efforts for the Phillies. His strikeout/walk ratio in that span is a robust 3.46.

The play: Phillies moneyline ROBERT CRISCOLA

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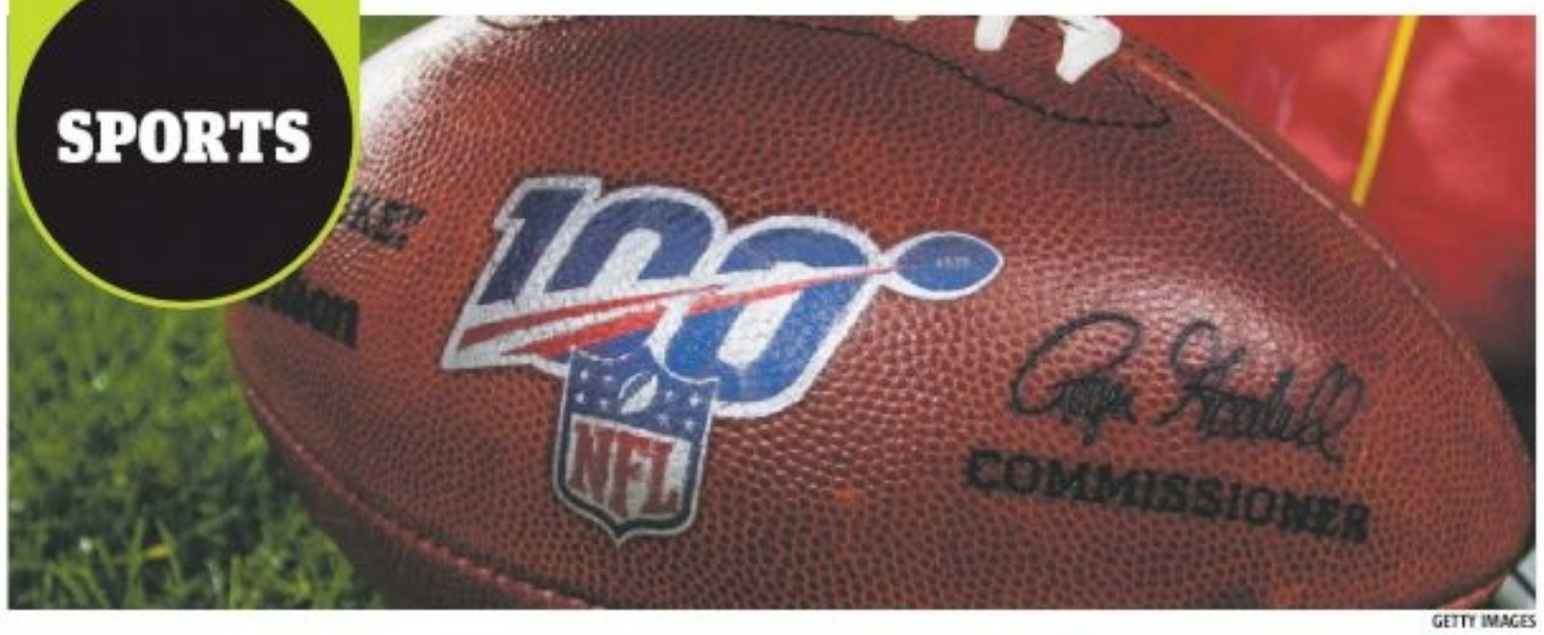

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HATE NFL PRESEASON? HERE'S HOW TO FIX IT

THE SPORTS PROFESSOR

GLEN MACNOW

@RealGlenMacnow

Everyone despises the NFL preseason. Coaches hate it for fear of losing stars to injury. Veteran players regard it as a waste of time. The media belittles it as a farce. Even die-hard fans are snoozing by the third quarter.

Yep, everyone loathes the preseason — including the oddsmakers, who have no informed way of setting a line. And yet it returns every summer, like horseflies to the Jersey Shore.

We all know why. The NFL preseason exists because it makes money for owners. The league sells these sham contests to the TV networks, and also forces fans to buy in as part of their season-ticket package.

Meanwhile, players don't get paid more than a pittance for the practice games.

Until recent years, the preseason was semi-tolerable. Regulars played a quarter or two before hitting the cold tub.

But now, virtually every team limits playing time to backups, practice-squad hopefuls and future Phys Ed instructors. Fans have a better chance of seeing Gritty take a snap for the Philadelphia Eagles this week than seeing Carson Wentz.

Even Commissioner Roger Goodell concedes it's an inferior product. He would like to see the preseason shortened to two games per team, and the regular season expanded to 18 games. That will be a hot issue in the next CBA talks between owners and players.

Meanwhile, here we are, spending August trying to memorize the name of a guy who will likely never throw a meaningful pass for the Birds (see: Thorson, Clayton).

What can be done? Curtailing it to two games reduces only half the misery. So here are two suggestions to make the preseason better for fans and less wasteful for franchises:

- Bring out the red jersey for quarterbacks. This was my pal Ray Didinger's idea. You know how the signal-caller wears the scarlet shirt in practice so that everyone knows not to smash the most valuable asset? How about we extend that into the preseason games?

The upside here is that QBs could get some playing time, while coaches wouldn't fear losing their meal ticket before the real season even starts.

Of course, this doesn't address the other 21 starters. Doug Pederson plans to sit Jason Peters, Malcolm Jenkins, Alshon Jeffery and everyone else topping the depth chart this month. Trotting Wentz onto the field with a bunch of guys named Halapoulivaati won't fix the overall problem.

- Broadcast the scrimmages. The Eagles and Ravens will spend several days this week hitting each other in full pads. It's actually the best action before the opener — with real play calling, recognizable players and more than a few fistfights.

How about instead of televising the Thursday night practice games, the league turns these joint scrimmages (every team holds them) into a series of Hard Knocks-type dramatic shows, geared to each local market?

Mic up the players. Promote a few interesting backstories. Use all the resources and brilliance of NFL Films to create compelling programming, and sell it to TV.

I heard NFL lifer Mike Lombardi float something along these lines on Angelo Cataldi's WIP Morning Show. While Eagles fans resent Lombardi for his bad takes on Doug Pederson, he could be on to something here.

Look, selling any new idea will be difficult because, remember, the owners make money on these games. But when the focus this Thursday isn't much grander than whether Johnathan Cyprien or Tre Sullivan sticks as the final Eagles safety — well, any change would be welcome by the fans.

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Harper heating up with Manuel on bench

The Phillies star is finding his swing as the playoff race heats up.

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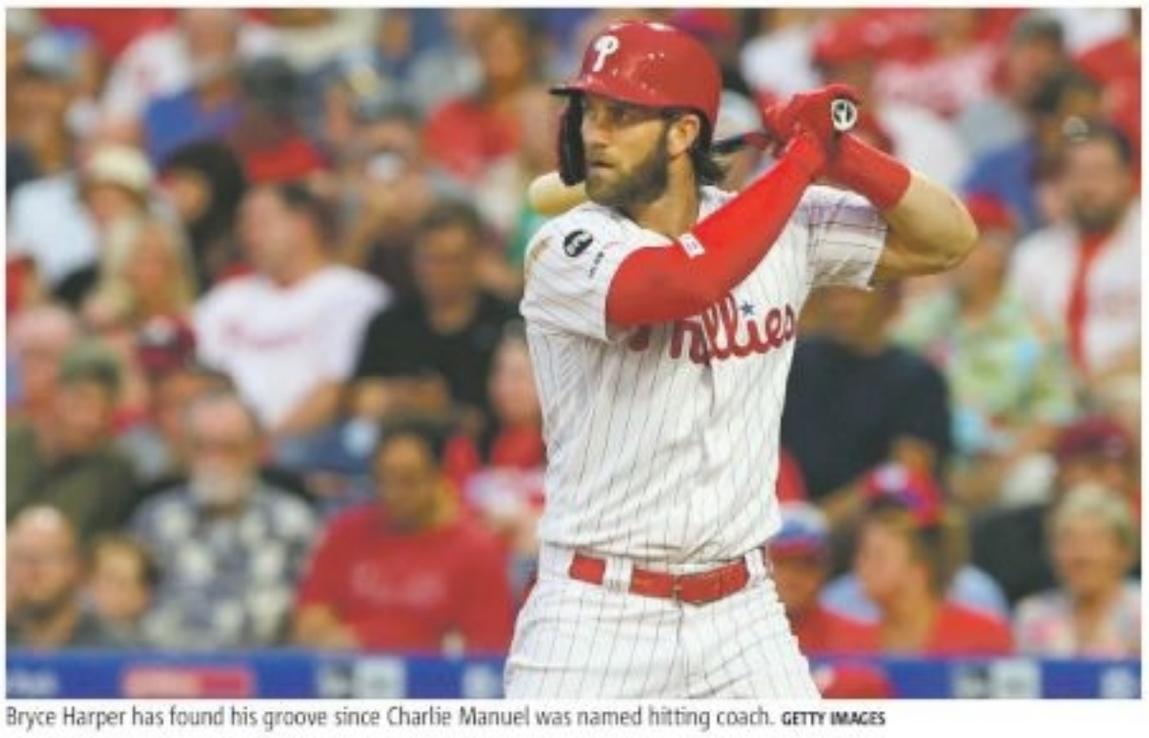

Bryce Harper has found his groove since Charlie Manuel was named hitting coach. GETTY IMAGES

That's more like it.

Phillies fans have to delve into the stats a bit to try and justify Bryce Harper and his massive 13-year, $330 million contract.

Those are numbers that will be ingrained in every Philadelphian's head for decades to come depending on how the life of this deal plays out.

So far, his debut season at Citizens Bank Park has been an inconsistent one.

In the first 123 games of his Phillies career, Harper is batting .253 with 26 home runs and 90 RBI.

Those are nice numbers, but are they worth $330 million?

If the Phillies don't win, then no. And right now, they're in a precarious position.

The Phillies are two games out of the second National League Wild Card spot, tied with the Brewers and division-rival Mets — who are still one of the hottest teams in baseball despite a recent three-game losing streak.

It's a position that not many thought they would be in after the first few months of the season, when they held the top spot in the NL East.

But a difficult summer swoon that saw them go 23-31 from June 9 to Aug. 11 had many hitting the panic button, and rightfully so.

The starting rotation behind Aaron Nola has been in shambles while a banged-up bullpen has lacked consistency.

In the meantime, the team's biggest bats in Harper and Rhys Hoskins were struggling to find their groove, especially in the second half.

Following the All-Star break, the Phillies averaged almost an entire run fewer than their season average, posting 4.1 runs per game over 28 outings.

It prompted the organization to fire hitting coach John Mallee and replace him with former manager Charlie Manuel.

The change looks to have sparked the offense, especially Harper, even though the Phillies were held to a combined five runs in their last two games — both losses.

Regardless, the Phillies are averaging 5.8 runs per game since Manuel took over with Harper hitting his stride.

Since Aug. 13, Harper is slashing .333/.417/.905 with four home runs and 10 RBI.

While credit can surely be given to Manuel, the numbers suggest that Harper is simply hitting his stride as a solid second-half player.

Just look at the breakdown of his career splits by month:

MARCH/APRIL
179 GAMES, .298 BA, .428 OBP, .597 SLUGGING

MAY
176 GAMES, .254/.370/.532

JUNE
152 GAMES, .275/.377/.460

JULY
193 GAMES, .257/.369/.459

AUGUST
188 GAMES, .290/.377/.508

SEPTEMBER/OCTOBER
152 GAMES, .283/.395/.503

That kind of output at the plate will be vital for the Phillies' playoff hopes, especially if Hoskins continues to struggle alongside Harper in the middle of the lineup.

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- The Children's Hospital of Philadelphia (CHOP: 34th St and Civic Center Blvd)

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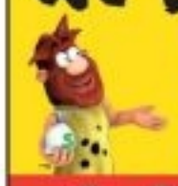

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LEGAL NOTICES

CHANGE OF NAME NOTICE

Court of Common Pleas for the County of Phila, June Term, 2019, No. 007441. Notice is hereby given that on July 17, 2019 the petition of Shane Kennedy Skeary was filed, praying for a decree to change his name to Shane Louis Kennedy.

The Court has fixed Sept. 20, 2019 at 9:30 A.M. in Room 691 City Hall, Phila, PA for hearing. All persons interested may appear and show cause why the prayer of the said petition should not be granted.

Court of Common Pleas for the County of Philadelphia, July Term, 2019, No. 000261. Notice is hereby given that on July, 17 2019, the petition of Meidy Widura, praying for a decree to change her name to Amy Belle. The Court has fixed September, 20, 2019 at 10:30am, in Room No. 691, City Hall, Philadelphia, PA for hearing. All persons interested may appear and show cause if any they have, why the prayer of the said petition should not be granted.

NOTICE OF HEARING ON PETITION TO INVOLUNTARILY TERMINATE PARENTAL RIGHTS IMPORTANT LEGAL NOTICE

In Re: Adoption of Baby Boy Wilson, a minor. File No. 86685 of 2019 in the Orphans Court of Berks County, Pennsylvania

To: Any Unknown John Doe or Anyone Claiming Paternity of Baby Boy Wilson, born on April 4, 2019. The mother of said child is Randi Wilson.

A Petition has been filed asking the Court to put an end to all rights you have to your child, Baby Boy Wilson. The Court has set a hearing to consider ending your rights to your child. That hearing will be held in the Courtroom designated for Judge Jeffrey K. Sprecher, Berks County Courthouse, 633 Court Street, Reading, PA 19601, on September 5, 2019 at 10:30 A.M. You have a right to attend the hearing. If you fail to attend the scheduled hearing, the Hearing will go on without you and the Court may end your rights to your child without your being present. You have a right to be represented at the Hearing by a lawyer. You should take this paper to your lawyer at once. If you do not have a lawyer, cannot afford one, go to or telephone the office set forth below to find out where you can get legal help.

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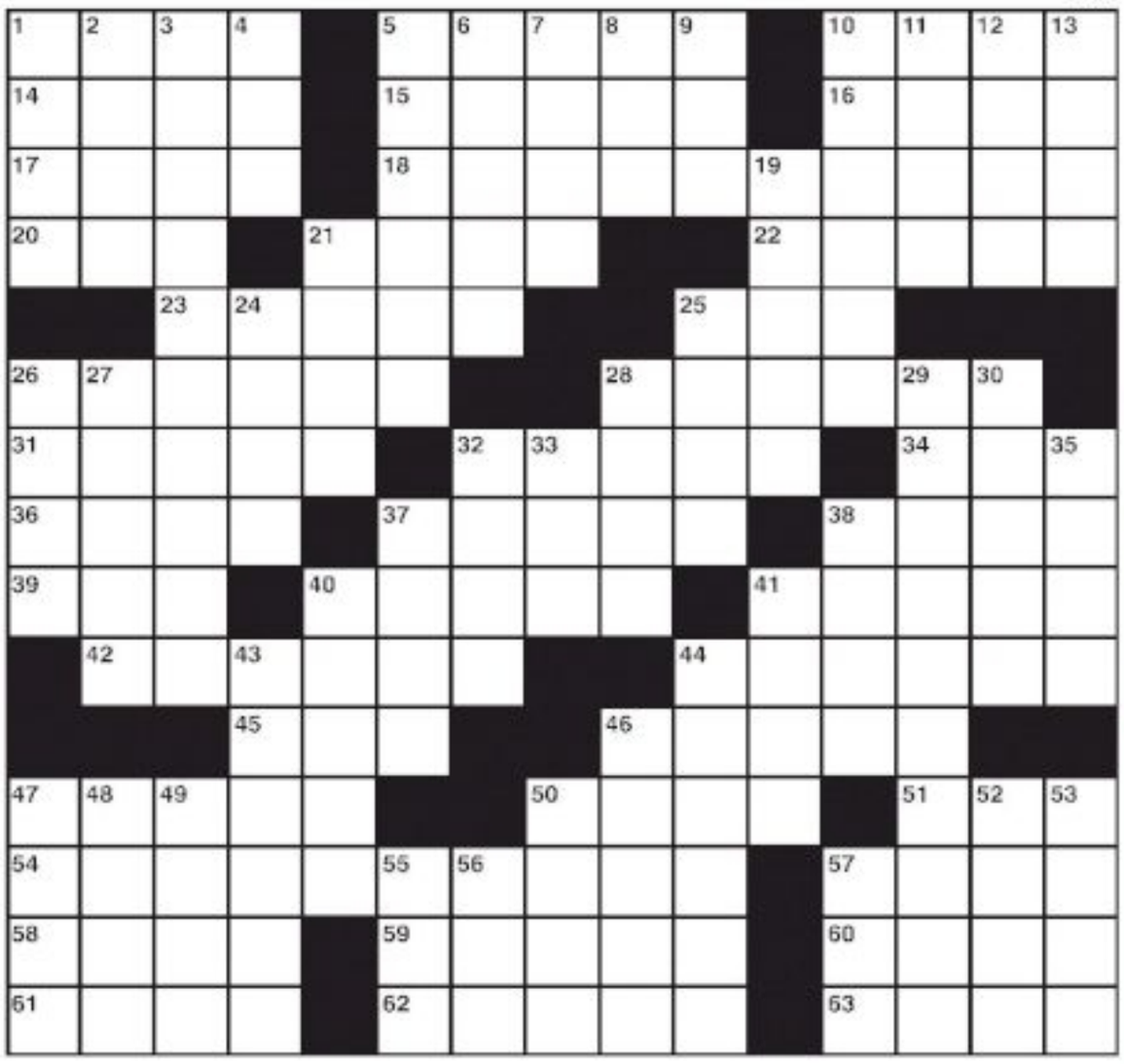

ACROSS

1 Donahue or Aikman
5 McEntire's namesakes
10 Farm machine
14 "All roads lead to __"
15 Steer clear of
16 Buddhist monk
17 Hotels
18 Harasses
20 Greek letter
21 Airflow outlet
22 Stadium
23 Arthritis symptoms
25 "I __ Rock"; Simon & Garfunkel hit
26 Woodwind player
28 __ in; inhabits
31 The "U" in UHF
32 Ethical; righteous
34 Part of TGIF
36 Seeks damages
37 "__, Jose!"
38 __ on; trample
39 Morning hour
40 Measly
41 Irrigate
42 Overexert
44 Like jacket weather
45 Hirt & Unser
46 Wedding party member
47 Chennai's nation
50 Pack in tightly
51 One of JFK's brothers
54 Indirect
57 Theater box
58 ACL tear site
59 Tranquillity
60 Having pains
61 Auctioneer's cry
62 Spud
63 Snow sport gear

DOWN

1 Spill
2 Reagan & Howard
3 All-powerful
4 Simple reply
5 Feel remorse
6 Makes smooth
7 Homer's boy
8 TV spots
9 Glimpse
10 Not singular
11 Tardy
12 Foreboding sign
13 "Jeremiah __ bullfrog..."
19 Desert transport
21 Credit card
24 Exposes
25 "__ in a Manger"
26 Evict
27 Bessie Smith's music
28 Word of disgust
29 U.S. state capital
30 Horseshoe material
32 __ and groan; complain
33 Possess
35 Lively
37 TV crime drama series
38 Uttered
40 Dinner course
41 Idle fancy
43 __ cats and dogs; poured
44 Moon dimple
46 Lee or Willis
47 Ticks off
48 Taboo subject
49 Sword fight
50 Paint layer
52 E trailer
53 Singer Alicia
55 Relevant
56 Arthur of TV
57 __ Cruces, NM

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G	R	A	M			E	L	K	S		C	L	O	D
N	I	C	E	R		L	O	A	M		H	O	N	E
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A	B	L	E		R	I	C	E		S	A	F	E	S
T	O	E	D		S	E	T	S			L	E	A	S

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	2			1				4
	6	3	7				1	
9		1	4				7	
1	9				5	8	3	
		6		7		5		
	3	2	6				9	7
	5				9	7		8
	7				4	1	5	
2				6			4	

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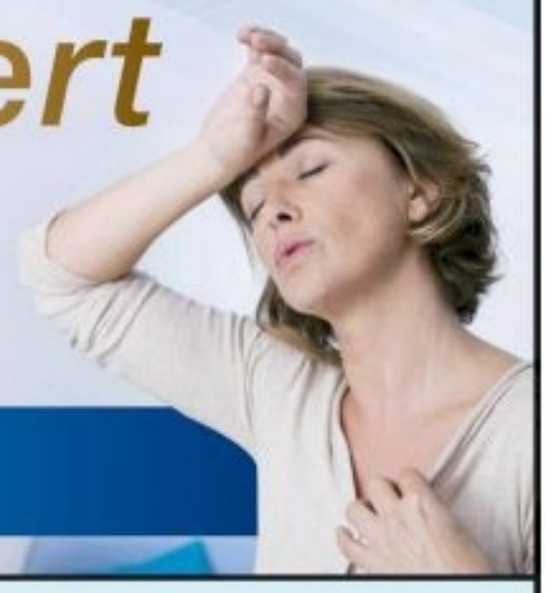

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